

UKIAH DOLPHINS & UKIAH SOROPTIMISTS
PACIFIC SWIMMING SHORT COURSE
AGE GROUP OPEN MEET

FRIDAY, SATURDAY & SUNDAY
JULY 3, 4 & 5, 2009

ENTER ONLINE AT: <http://swimconnection.com/pc/meet/ud>

SANCTION: Held under USA/Pacific Swimming Sanction Number: **0669**

LOCATION: Ukiah High School 1000 Low Gap RD., Ukiah, CA

FROM U.S. 101 S. Take US-101 South to Ukiah; take N. State St. Exit; turn L on to N, State ST.; continue on To Low Gap Rd., continue on to 3rd Stop light at Low Gap turn R on to Low Gap Rd through 2 Stop Signs, High School on R. Pool next to Football Field.

From U.S 101 N. Take US-101 North to Ukiah. Take N State St exit, Turn R on to N State St. Continue on to Low Gap Rd to Third Stop Light. Make a R on to Low Gap Rd. Go through 2 Stop Signs. High School is on R. Pool is Next to Football Field.

COURSE: 25 yard, outdoor heated pool with up to eight lanes for competition. Electronic timing equipment will be used. Separate warm-up, warm-down area is open during the competition.

TIME: Meet begins at 4 p.m. Friday and at 9 a.m. Saturday and Sunday. Warm-ups are from 3:00 p.m. - 3:45 p.m. on Friday evening and 7:30 a.m. - 8:45 a.m. on Saturday and Sunday.

RULES: Current USA and Pacific Swimming rules will govern the meet. Pacific Swimming warm-up procedures will be in effect. A copy of these procedures will be posted at the *Clerk of the Course*. All events are timed finals. **On Saturday, events 57 & 58 (500 Free) will be swum fastest to slowest. Girls/Boys events may be combined or alternate heats as determined by the Meet Referee. Swimmers must provide their own timers and lap counter.** Swimmers may compete in up to five (5) events per day plus relays. All coaches and deck officials must wear their USA Swimming membership cards in a visible manner.

ENTRIES WILL BE ACCEPTED UNTIL THE NUMBER OF SPLASHES EXCEEDS THE ESTIMATED TIME LINE PER THE FOUR-HOUR RULE BASED ON SWIMMER'S AGE & GENDER. If local conditions warrant it, the Meet Referee, with the concurrence of the Meet Director may require a mandatory scratch down. Immediate cash refunds will be made for any mandatory scratches. Check <http://swimconnection.com/pc/meet/ud> for session open or closed status.

RESTRICTIONS: Glass containers, sale and use of alcoholic beverages, smoking and the use of other tobacco products is prohibited in all areas of the meet venue, described as: on pool deck, in the locker rooms, spectator seating or standing areas and in all areas used by swimmers during the meet and during warm-up periods, including the area immediately adjacent to the locker rooms where the Clerk of the Course and computer will be located.

ELIGIBILITY: Swimmers must be current members of USA-S and enter their name and registration number on the meet entry card as they are shown on their registration card. If this is not done, it may be difficult to match the swimmer with the registration and times database. The meet host must check all swimmer registrations against the SWIMS database and if found to not be registered, the Meet Director shall accept the registration at the meet (a \$10 surcharge will be added to the regular registration fee). Duplicate registrations will be refunded by mail. Meet is open to all qualified swimmers. Swimmers aged 19 years and older may participate in the 13 & over and OPEN events but will not be scored or awarded. Disabled swimmers are welcome to attend this meet and should contact the Meet Director or Meet Referee regarding special accommodations on entry times and seeding per Pacific Swimming Policy.

CHECK-IN: The meet will be deck seeded. Swimmers must check in each day at the Clerk of the Course. Close of check-in shall be no more than 30 minutes before the estimated time of the start of the first heat of that event. Swimmers who do not check-in will not be allowed to compete in the event. Swimmers not checking in timely on Friday will be offered the opportunity to swim the event for time only (no awards or points) after the scheduled events for Friday have been swum.

SCRATCHES: Any swimmer who has checked in for an individual event and fails to swim that event will be scratched from the meet unless the swimmer returns to the clerk of the course and repeats the check-in process for all remaining events. Failure to swim an event after re-check-in will result in being barred from the next individual event in which a swimmer is entered on that day or the next meet day, whichever is first. The penalty will not apply if the swimmer scratches the event before it is seeded, or if the Referee accepts proof that the failure was caused by illness, injury or other circumstances beyond the control of the swimmer.

ENTRIES: Entries must be completely filled out including best short course times for events entered. Entered times must be submitted in yards. Entries with "NO TIMES" will be placed in the slowest heat(s). Entries must be postmarked by midnight, Monday, June 22, 2009 and mailed to: Ukiah Dolphins * P.O. Box 635 * Ukiah, CA 95482. Entries can be hand delivered to: Ukiah High School Pool 1000 Low Gap Rd ATT PEGGY RAMIREZ * Ukiah, CA 95482 by 6:00 p.m. Wednesday, JUNE 24, 2009. Enter via <http://swimconnection.com/pc/meet/ud> and receive an immediate entry confirmation. This method requires payment by credit card. Swim Connection LLC charges a processing fee for this service, equal to \$1.00 per swimmer plus 5% times the entry fees. Please note that the processing fee is a separate fee from the entry fees. If you do not wish to pay the processing fee, enter the meet using a mail entry.

ENTERING ONLINE IS A CONVENIENCE AND IS COMPLETELY VOLUNTARY. IT IS IN NO WAY REQUIRED OR EXPECTED IN ORDER TO ENTER THIS MEET. THE DEADLINE FOR ONLINE ENTRIES IS MONDAY, JUNE 25TH AT

MIDNIGHT. SHOULD YOU CHOOSE TO ENTER ONLINE, PLEASE MAKE SURE TO BRING YOUR CONFIRMATION NOTICE WITH THE EVENTS LISTED.

Incomplete or illegible entries or entries without fees will require a collect call before entries are accepted. **NO LATE ENTRIES WILL BE ACCEPTED.** Except for mandatory scratches, **NO REFUNDS WILL BE MADE.**

ENTRY FEES: Fees will be \$2.75 per individual event; \$9.00 per relay and a \$5.00 per swimmer participation fee to help cover meet expenses. Relay entries will be accepted the day of the meet at a time to be announced. There is no limit on relay entries from each club. Please make checks payable to UKIAH DOLPHINS and mail entries to: P.O. Box 635 * Ukiah, CA 95482.

AWARDS: **Individual Events** will be awarded distinctive pins 1st through 6th and ribbons 7th through 12th. **Relay Events** will be awarded distinctive pins 1st through 3rd and ribbons 4th through 6th. Swimmers 19 years of age & older will not receive awards.

SCORING: 8 & under individual events will be scored and awarded as 6 & under and 7-8. 13 and over individual events will be scored 13-14, 15-16 & 17-18. 13-14 & 15-18 relays will be swum together but scored separately. Swimmers 19 years of age & older will not be scored. **Team Points** are as follows:

Individual Events: 13-11-10-9-8-7-6-5-4-3-2-1
Relay Events: 26-22-20-18-16-14

ADMISSION: Admission to the three-day event is free. Programs will be available for \$5.00.

OFFICIALS:

Referee:	Dennis Sturdevant
Starter:	Chuck Johnson
Head Marshal:	Rick Cleland
Meet Director:	Peggy Ramirez

HOSPITALITY: A full snack bar will be available. Lunches and our famous Ukiah hospitality to all working officials, coaches, and timers.

FRIDAY, JULY 3			
8 & Under	10 & Under	11-12	13-up
25 Free (Open) 200 Free 1650 Free (Open)*	25 Free (Open) 200 Free 1650 Free (Open)*	25 Free (Open) 1650 Free (Open)*	25 Free (Open) 1650 Free (Open)*
SATURDAY, JULY 4			
8 & Under	10 & Under	11-12	13-up
25 Breast 50 Back 50 Free 100 Free 25 Fly 100 Med Relay 500 Free (Open)*	50 Fly 200 IM 100 Back 50 Breast 100 Free 200 Med Relay 500 Free (Open)*	100 Fly 200 IM 100 Breast 50 Fly 100 Free 100 Back 200 Med Relay 500 Free (Open)*	200 IM 100 Back 200 Breast 100 Free 200 Fly 200 Med Relay 500 Free (Open)*
SUNDAY, JULY 5			
8 & Under	10 & under	11-12	13-up
400 IM (Open) 100 IM 50 Fly 50 Breast 25 Back 25 Free 100 Free Relay	400 IM (Open) 100 IM 100 Breast 100 Fly 50 Back 50 Free 200 Free Relay	400 IM (Open) 100 IM 50 Breast 200 Free 50 Back 50 Free 200 Free Relay	400 IM (Open) 100 Breast 100 Fly 200 Free 200 Back 50 Free 200 Free Relay

*** SWIMMERS MUST PROVIDE THEIR OWN LAP COUNTERS AND TIMERS FOR THE 1650 FREE ON FRIDAY AND THE 500 FREE ON SATURDAY**

Girls will be odd numbered events and Boys will be even numbered events

FRIDAY, JULY 3

Event #	Age	Event
1	2	OPEN
3	4	10-un
5	6	OPEN
		25 Free
		200 Free
		1650 Free*

SATURDAY, JULY 4

SUNDAY, JULY 5

Event #	Age	Event	Event #	Age	Event
7	8	11-12	59	60	OPEN
		100 Fly			400 IM
9	10	13-up	61	62	10-un
		200 IM			100 IM
11	12	10-un	63	64	11-12
		50 Fly			100 IM
13	14	8-un	65	66	8-un
		25 Breast			100 IM
15	16	13-up	67	68	13-up
		100 Back			100 Breast
17	18	11-12	69	70	10-un
		200 IM			100 Breast
19	20	10-un	71	72	11-12
		200 IM			50 Breast
21	22	8-un	73	74	8-un
		50 Back			50 Fly
23	24	13-up	75	76	13-up
		200 Breast			100 Fly
25	26	11-12	77	78	10-un
		100 Breast			100 Fly
27	28	10-un	79	80	11-12
		100 Back			200 Free
29	30	8-un	81	82	8-un
		50 Free			50 Breast
31	32	13-up	83	84	13-up
		100 Free			200 Free
33	34	11-12	85	86	10-un
		50 Fly			50 Back
35	36	10-un	87	88	11-12
		50 Breast			50 Back
37	38	8-un	89	90	8-un
		100 Free			25 Back
39	40	13-up	91	92	13-up
		200 Fly			200 Back
41	42	11-12	93	94	10-un
		100 Free			50 Free
43	44	10-un	95	96	11-12
		100 Free			50 Free
45	46	8-un	97	98	8-un
		25 Fly			25 Free
47	48	11-12	99	100	13-up
		100 Back			50 Free
49	50	8-un	101	102	11-12
		100 Med Relay			200 Free Relay
51	52	10-un	103	104	10-un
		200 Med Relay			200 Free Relay
53	54	11-12	105	106	8-un
		200 Med Relay			100 Free Relay
55	56	13-up	107	108	13-up
		200 Med Relay			200 Free Relay
57	58	OPEN			
		500 Free*			



COMFORT INN UKIAH
Taher Zaki, General Manager
1220 Airport Park Blvd.
Phone: 707- 462-3442
Fax: 707- 462-3485
E-mail: gm.ca978@choicehotels.com

Standard King Room \$89 rate

- Free Local Calls
- Free Wireless High Speed Internet Access
- In-Room Coffee Maker
- Microwave and Refrigerator
- Cable/Satellite TV, Pay-Per-View Movies
- Free Hot Breakfast
- Outdoor Pool with Deck
- Guest Valet Laundry Service
- Pet Friendly Hotel



GROUP RATE UKIAH DOLPHINS

1 Standard King Suite \$99 rate

- The same Amenities and Services as our Guest Room, but with additional space That includes a sitting area, and a sofa That folds out into a Twin Sleeper Bed.

GROUP RATE UKIAH DOLPHINS



HAMPTON INN UKIAH
Sarah Noguera, General Manager
1160 Airport Park Blvd.
Phone: 707- 462- 6555

Standard Two Queen Beds

\$119 rate *Ask for the Group Code: USA

- Free Local Calls
- **Free High Speed Internet Access**
- In-Room Coffee Maker
- **Microwave and Refrigerator**
- Cable/Satellite TV, Pay-Per-View Movies
- **Free Hot Breakfast**
- **Outdoor Heated Pool and Hot Tub**
- Guest Valet Laundry Service



1 Standard King

\$119 rate *Ask for the Group Code: USA

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- **Free High Speed Internet Access**
- In-Room Coffee Maker
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